**VRHS Head Coaches**

|  |  |  |
| --- | --- | --- |
| **FALL SPORTS** | **WINTER SPORTS** | **SPRING SPORTS** |
| **Cross Country**  Girls – Lou Luciani  [LLuciani@reg4.k12.ct.us](mailto:LLuciani@reg4.k12.ct.us)  Boys – Dawn Erazmus  [DErazmus@reg4.k12.ct.us](mailto:DErazmus@reg4.k12.ct.us) | **Basketball** –  Boys – Kevin Woods  [KWoods@reg4.k12.ct.us](mailto:KWoods@reg4.k12.ct.us)  Girls – Matt Needleman  [mneedleman@reg4.k12.ct.us](mailto:mneedleman@reg4.k12.ct.us) | **Baseball**  Gary Ballestrini  [GBallestrini@reg4.k12.ct.us](mailto:GBallestrini@reg4.k12.ct.us) |
| **Field Hockey – Girls**  Beth Powers  Bpowers@reg4.k12.ct.us | **Gymnastics**  Carl Cavrell  [CCavrell@reg4.k12.ct.us](mailto:CCavrell@reg4.k12.ct.us) | **Golf**  Russ Arrigoni  [RArrigoni@reg4.k12.ct.us](mailto:RArrigoni@reg4.k12.ct.us) |
| **Football**  Tim King  [TAKing@reg4.k12.ct.us](mailto:TAKing@reg4.k12.ct.us) | **Indoor Track**  Girls -Brent Ali  [BAAli@reg4.k12.ct.us](mailto:BAAli@reg4.k12.ct.us)  Boys – TBA | **Outdoor Track**  Girls – Lou Luciani  [LLuciani@reg4.ck12.ct.us](mailto:LLuciani@reg4.ck12.ct.us)  Boys – Tim King  [TAKing@vrhs.com](mailto:TAKing@vrhs.com) |
| **Soccer**  Girls – Greg Ruel  [Gruel@reg4.k12.ct.us](mailto:Gruel@reg4.k12.ct.us)  Boys – Mick Fearon  Internet not available | **Fencing w/Old Lyme**  Kelly Smith  [ahsmith@snet.net](mailto:ahsmith@snet.net) | **Softball**  Ken Wilson [KWilson@reg4.k12.ct.us](mailto:KWilson@reg4.k12.ct.us) |
| **Swimming w/H-K**  Contact person- Hank Koritkoski  [hkoritkoski@vrhs.com](mailto:hkoritkoski@vrhs.com) |  | **Tennis**  Girls – Gary Ribchinsky  [GRibchinsky@reg4.k12.ct.us](mailto:GRibchinsky@reg4.k12.ct.us)  Boys – Yvonne (Bunny) Logan  [YLogan@reg4.k12.ct.us](mailto:YLogan@reg4.k12.ct.us) |
| **Volleyball – Girls**  Kathy Scott  [KLScott@reg4.k12.ct.us](mailto:KLScott@reg4.k12.ct.us) |  | **Crew w/Old Lyme**  John Laundon  [JLaundon@reg4.k12.ct.us](mailto:JLaundon@reg4.k12.ct.us) |
|  |  | **Lacrosse**  Girls – Greg Ruel  [Gruel@reg4.k12.ct.us](mailto:Gruel@reg4.k12.ct.us)  Boys – Paul Ferrucci  [PAFerrucci@reg4.k12.ct.us](mailto:PAFerrucci@reg4.k12.ct.us) |

Fall sports practices start the Saturday before Labor Day ending early November.

Winter sports practices start around Thanksgiving and continue into early March.

Spring sports practices start in the Middle of March and continue through May.

Please contact A.D. Hank Koritkoski at VRHS for additional information.

Phone: 860.526.5328 e-mail: [hkoritkoski@vrhs.com](mailto:hkoritkoski@vrhs.com)

Weight training is offered after school throughout the year.